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Josh Nelson with a recent find near Dundas Square.
RICK MADONIK/ TORSTAR NEWS SERVICE

LAST CALL FOR PAY PHONES

This Instagram user is not ready to hang up just yet — he's going Toronto-wide to document a bygone era

metroNEWS

No job fix, Morneau?

PRECARIOUS EMPLOYMENT

Minister talks smack about millennials — and they hit back

Ryan Tumilty, Metro Ottawa
May Warren, Metro Toronto

Opposition MPs, along with youth and labour advocates, are hitting back at federal Finance Minister Bill Morneau for suggesting millennials should get used to working precarious jobs.

Speaking to Liberal Party insiders in Niagara Falls Saturday, Morneau said high turnover and short-term contracts for youth are here to stay and the government should prepare for it.

"How do we train and retrain people as they move from job to job to job? Because it's going to happen. We have to accept that," Morneau said during a question-and-answer session.

Conservative MP Matt Jeneroux said Morneau's comments show the minister is "out of touch with a lot of the younger generation."

NDP MP Niki Ashton, who's been consulting with young people across Canada about employment, said Morneau's remarks were disappointing.

"These comments are arrogant, they're insensitive and they clearly speak to a disconnect between Mr. Morneau and his government and what millennials in Canada are facing," she said.

Morneau's office did not respond to a request by Metro for comment by deadline.

Aliya Bhatia, director of community engagement with the Toronto Youth Cabinet, said acknowledging precarious employment is not enough.

Instead, she said the government must provide better protections for precarious workers.

Insecure work affects more than just millennials, Bhatia said, noting that thousands of workers without benefits or job security will have a negative impact on the nation's finances.

"If the entire economy is depending on people like me to buy a house in a decade, that's not going to happen," she said.

Andrew Cash, a former NDP MP who co-founded the Urban Workers Project, said there's "a ton of work that needs to be done on the government's side to build a stronger floor for all workers to stand on."

"I just think, no worker should get used to the way work is going," Cash said.

WITH FILES FROM THE CANADIAN PRESS

Torontonians tell Trump what they really think of him metroNEWS

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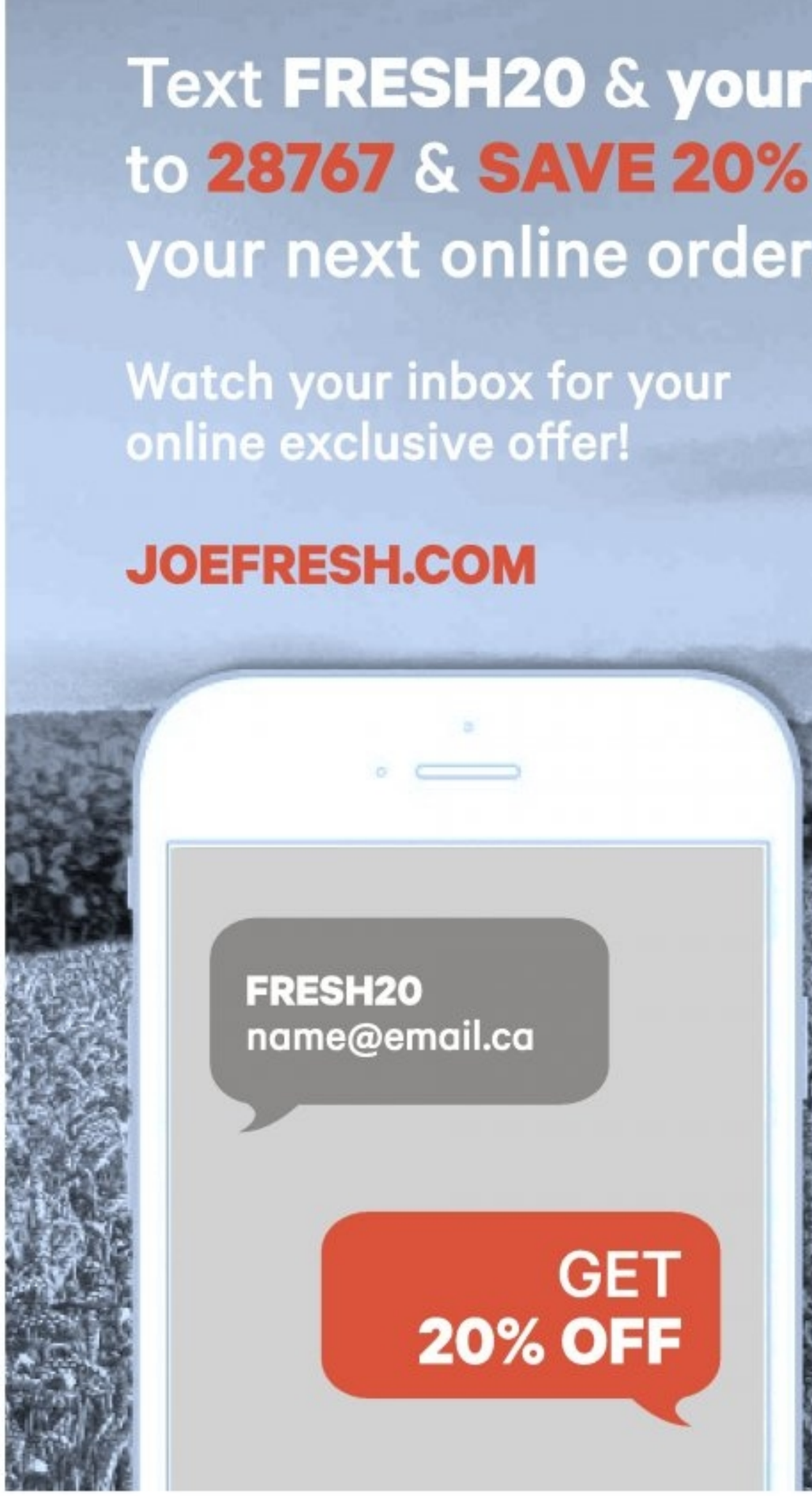

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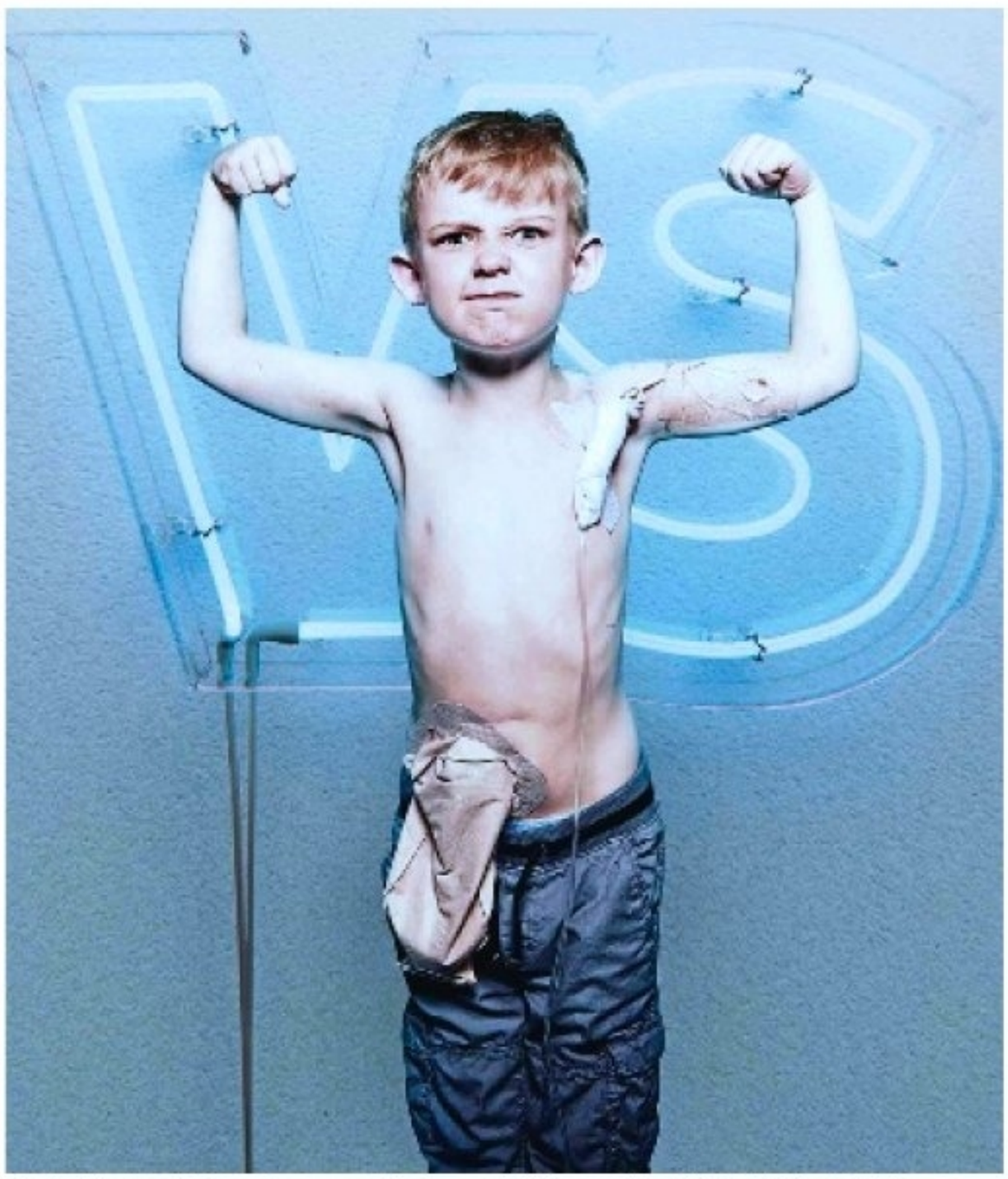
What's the deal with Wallonia? The Belgian region that's stalled EU-Canada trade talks. **Business**

SickKids ad sparks debate



Hartley Bernier strikes a strong pose for the new "VS" campaign at SickKids Hospital. The new advertising strategy is facing criticism for equating fighting illness with fighting war.
COURTESY SICKKIDS/NIKKI ORMEROD WESTSIDE STUDIO

ADVERTISING

Professors and parents criticize video for 'win the battle' metaphor

Gilbert Ngabo
Metro | Toronto

A big-budget ad from Toronto's Hospital for Sick Children is drawing criticism from parents and academics, who feel the flashy television spot is too violent and creates unrealistic expectations for children living with disability and disease.

The video ad launched last week and depicts SickKids patients as boxers, knights and soldiers, literally fighting back against the illnesses they face. It is one in a series of spots scheduled to run across the country until the end of the year.

The hospital, which consulted with 50 patients and over 100 staff as part of the campaign, said the goal is to celebrate the spirit of their patients by telling their stories.

Samadhi Mora Severino's son Kian has cerebral palsy and is enrolled in the complex care program at SickKids. She's very grateful for the work of the hospital's staff, but said the ad leaves a bad taste in her mouth.

"Kids with disabilities don't necessarily want to be seen as warriors," Severino said. "They just want to live like you and I, and this ad is objectifying them. What about those who have permanent disabilities like my son, or those who die? Are they not warriors too?"

Samadhi Mora Severino's son Kian has cerebral palsy and uses a power wheelchair. Severino is critical of a new ad campaign from SickKids Hospital, saying it's wrong to portray kids with disabilities as warriors. CONTRIBUTED

Michael Orsini and Anne McGuire, a pair of professors from the universities of Ottawa and Toronto, respectively, penned a blog post criticizing the ad for using violence as a metaphor.

"Some of the kids living with the conditions highlighted in the campaign will not 'win the battle' and it's not because they are morally weak or don't have enough fight in them," the pair writes.

Orsini and McGuire also suggest the ad unfairly equates conditions like cancer and autism.

"What does it mean, for instance, to wage a war against autism, especially when many autistic people do not view it as something to be fixed?" they say.

SickKids spokeswoman Lori Davidson defended the ad.

"I don't think the intention is to say that every kid should be a fighter, but rather that we're fighting for every kid," she said.

Ryerson marketing professor Joanne Mcneish doesn't see anything wrong with the ad, and said it's an example of non-profits like SickKids getting creative when it comes to attracting new donors.

"I think the ad shows the sheer courage it takes to be a child with disabilities," she said, noting the campaign has the potential to stir a dialogue among children about disability and other health issues.

HAVE YOUR SAY

What do you think? Does this ad empower children with disabilities or illnesses? Let us know at readers@metronews.ca

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1 Teaching kids that public spaces belong to them was the best part of road mural pilot project, said activist Dave Meslin.

2 Resident artists celebrate at Hiawatha Road in Leslieville.

3 Road mural at the Pocket in Riverdale

4 Art on Lauder Avenue in Regal Heights

5 A new road mural in Kensington Market

COURTESY DAVE MESLIN

Project takes art to the streets

COMMUNITY

Locals paint town red, green, blue and more in city pilot

Luke Simcoe
Metro | Toronto

A pilot project allowing residents to break out the paintbrush and add a little art to their local streets is being hailed as a success.

Street murals are not permitted in Toronto, but at the beginning of the year, council approved a pilot allowing four communities to paint them: Kensington Market, Lauder Avenue in Regal Heights, the Pocket in Riverdale and Hiawatha Road in Leslieville.

On Oct. 15, a group of residents and children put the finishing touches on the Hiawatha painting, meaning all four murals are now complete.

"It went really smoothly. Each of the murals looks really different and the talent that came out of each community was fantastic," said Dave Meslin, a local activist who's been championing the mural project.

Meslin said the best part of the project was getting kids involved in reimagining public space.

"The murals were painted almost entirely by children. And it's so powerful for them to be able to return to those spots and see something they created," he said.

> **It sends a powerful message that the streets belong to them.**
> Dave Meslin

"It sends a powerful message that the streets and the neighbourhood belongs to them."

City staff will now review the murals and decide whether road painting should be allowed in Toronto going forward.

An initial staff report on the matter said the paintings place "considerable administrative, regulatory, and maintenance burdens on the city."

If road murals do get the thumbs up from staff and councillors, Meslin said the city should do something to lower the cost for residents.

Between permit fees, paint, signage for street closures and insurance, he said the cost of each mural was nearly $1,000.

"We want to make sure there's no financial barrier for any community to be able to use their own public spaces in whatever way they want to," Meslin said.

Let your fingers pay for parking on app

Parking on Toronto streets is getting easier thanks to the parking authority's smartphone app.

The free Toronto Parking Authority app, unveiled in March 2015 for use paying for parking in Green P lots, is being activated for on-street parking across the city between now and the end of the year.

On-street spots that are app-enabled will have a four-digit location code that will be visible on pay-and-display machines and hours-of-operation signs. Users punch in the location code, time they want to buy and automatically pay by credit card, just as they currently do with the three-digit location codes in ungated Green P lots.

App users get warnings before their time expires, and can add time to the meter remotely, without returning to their cars, if they are away longer than expected.

The service is starting downtown on Elm Street, west off Yonge Street. Motorists will still be able to pay with cash or credit card if they prefer.

Mayor John Tory, who arrived on Elm by car and paid for parking using the app in front of news cameras, said Toronto has fallen behind other cities in harnessing technology.

"The Green P app is an example of how we can modernize the services the city offers and the way the city delivers them," Tory said, vowing more innovations will roll out in months and years ahead.

Parking enforcement officers use hand-held, network-connected terminals that tell them if a car is paid up.

The parking authority expects expanding the app to on-street parking will boost the number of users. About one-quarter of payments are not made through smartphones.

The app has been downloaded 250,000 times and used about 1.5 million times.

TORSTAR NEWS SERVICE

Mayor John Tory uses the Toronto Parking Authority's "Green P" smartphone app. DAVID RIDER/TORSTAR NEWS SERVICE

Black foster youth reclaim their voice

CHILDREN'S AID

Program gives teens and 20-somethings artistic outlet

Richard Marcano, 22, and Shantel Hyndman, 23, at the Chelsea Hotel in Toronto. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

A black girl's hair clogs the drain in the bathroom sink. Her foster mom tells her it's because the hair is the texture of steel wool.

Another girl looks for help with her hair, and, instead of giving her a wide-tooth comb and conditioner, the foster mother hands her a straightener or relaxer for her thick curls.

That is the norm for black girls in the care of Children's Aid Societies in Ontario, says youth worker Shantel Hyndman, 23.

"When they do not know what to do with our hair, they straighten it," she said.

Hyndman is with HairStory Right to Speak, a program of the provincial advocate for children and youth that has, since Friday, been giving 120 young people an artistic outlet for their stories.

The youth from across Ontario have been holed up in a downtown hotel singing, dancing, writing, making photos and graffiti art, and connecting with one another in an arts conference that's about much more than hair and addresses a host of systemic barriers they face.

Ninety per cent of the participants, aged 13 to 24, have been in the child welfare or youth criminal justice systems, where black Canadians are overwhelmingly overrepresented.

"There's a lack of cultural sensitivity when you're looking at the child welfare system," said youth worker Richard Marcano, 22.

Foster parents do get training, "but they're not trained in how to deal with youth who have a different cultural background from them, so youth are losing their cultural identity," Marcano said.

"If you're not culturally responsive to a young person, the result for some, is internal hate," said Hyndman. "They learn to assimilate with the foster family, they learn to act like them, because there's no room to be an individual or different in an environment like that."

> **If our spirits are not nurtured, we will fall apart.**
> Shantel Hyndman, HairStory activist

The under-resourced child welfare system is designed to provide children with physical care and protect them from violence, but it needs to provide more emotional supports, said Hyndman.

"They focus so much on the physical, they forget black youth have a culture, we have a healing process. We have strong spirits and if our spirits are not nurtured, if our mental health is not nurtured, if the healing process is not put in place, we will fall apart."

On Monday, the young people get a rare opportunity to share their stories directly with government decision-makers.

Minister of Children and Youth Services Michael Coteau, Ontario Human Rights Commissioner Renu Mandhane and provincial youth advocate Irwin Elman are among those who were expected to be at a "listening" table at the end of the four-day conference.

In a year, HairStory will issue its recommendations to Queen's Park about how to address a culturally unresponsive care system.

TORSTAR NEWS SERVICE

Police car change: 'no deep thought'

Police Chief Mark Saunders says switching the colour of Toronto's familiar white, red and blue police cars to grey was a spontaneous decision, and one he is allowed to make.

"There was just a moment when I did it, there was no deep thought in it," Saunders told CBC Radio's Metro Morning on Monday.

"The fleet is old and we're in the process of changing and someone said 'Do you want it to be the same or do you want it to look different?' and I said 'Let's make it look different.'"

A Toronto police car. TORSTAR NEWS SERVICE FILE

At its last meeting, the Toronto police civilian oversight board asked Saunders to explain the colour change because board members had not been consulted.

"We are making a major design change, and we did never discuss it," Coun. Shelley Carroll said last Thursday.

"I'm sure at one point when we went from yellow to red, white and blue there was probably a conversation."

The board told Saunders to report back on the service's plans for its cars.

TORSTAR NEWS SERVICE

NEW natural ingredient produces 34% more hair in 8 months!

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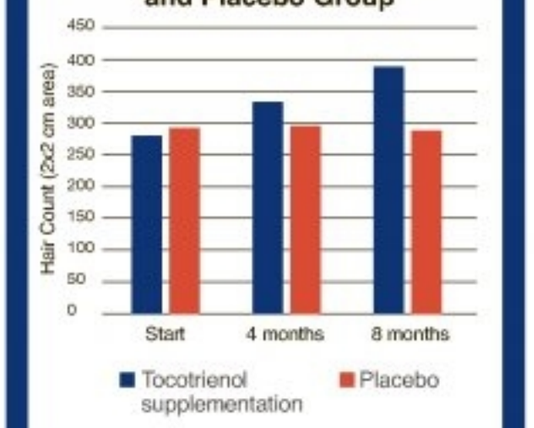
It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



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Mind the gap, TTC

ACCESSIBILITY

Urgent to close unsafe divide at platforms, group argues

A group representing TTC riders with disabilities is urging the transit agency to act quickly to address what it says are unsafe gaps between subway trains and platforms at some stations.

In a letter to the TTC board, Mazin Aribi, chair of the Advisory Committee on Accessible Transit (ACAT), says that on some parts of the network there is a wider than normal gap, and at others the height of the platform doesn't line up with train floors.

"These issues have in many instances resulted in customers getting stuck in the gap as the wheels of their mobility devices drop into the empty space — causing panic, unnecessary wear/damage to mobility devices and system delays," wrote Aribi.

In an interview, Aribi said it's important the agency moves fast to correct the problem because the TTC is planning to shift more customers with accessibility challenges from its Wheel-Trans service to the conventional system.

The board will consider Aribi's letter at its meeting Thursday.

Transit workers are in the process of measuring gaps at all stations and are expected to finish next month.

The TTC has already taken some action in response to ACAT's concerns, including lowering the height of the new Toronto Rocket model subways to better align with platforms and building an accessible ramp at the south end of Eglinton Station where the gap was particularly large.

The TTC is also looking into installing "platform gap fillers" that could make it easier for passengers to board and disembark trains. TORSTAR NEWS SERVICE

Mazin Aribi, chair of the Advisory Committee on Accessible Transit, comes face to face with the problem he says can cause panic, delays and property damage. RICK MADONIK/TORSTAR NEWS SERVICE

SCHOOLS

Little hope for justice in cyber attack on test

Ontario's education testing agency has called Toronto police about an "intentional, malicious and sustained" cyber attack that shut down the Grade 10 literacy exam across the province — a targeted attack carried out by culprits who may never be found.

The technical troubles, in what's called a sustained "Distributed Denial of Service (DDoS)," affected almost 150,000 students across the province and sabotaged a $250,000 pilot project to move the test online.

> **I'm not sure if this kind of thing can ever be figured out.**
> Richard Jones

While the source of the attack is not yet known and the testing agency says it may never be uncovered, one or more people could be behind it — even teenagers, say cyber experts.

"I'm not sure if this kind of thing can ever be figured out," said Richard Jones, director of assessment for the Education Quality and Accountability Office, or EQAO. "There were IP addresses from all over the world, and to find the source is a really difficult thing."

TORSTAR NEWS SERVICE

CRIME

Name released for man found shot in wreck

Police have identified a man found dead in an SUV that crashed into a home in northwest Toronto early Monday as Mohamed Omer, 23.

Investigators say they received calls reporting gunshots and a crash within moments of each other around 12:30 a.m.

Police say it appears that Omer was shot inside the vehicle before it crashed.

680 NEWS/THE CANADIAN PRESS

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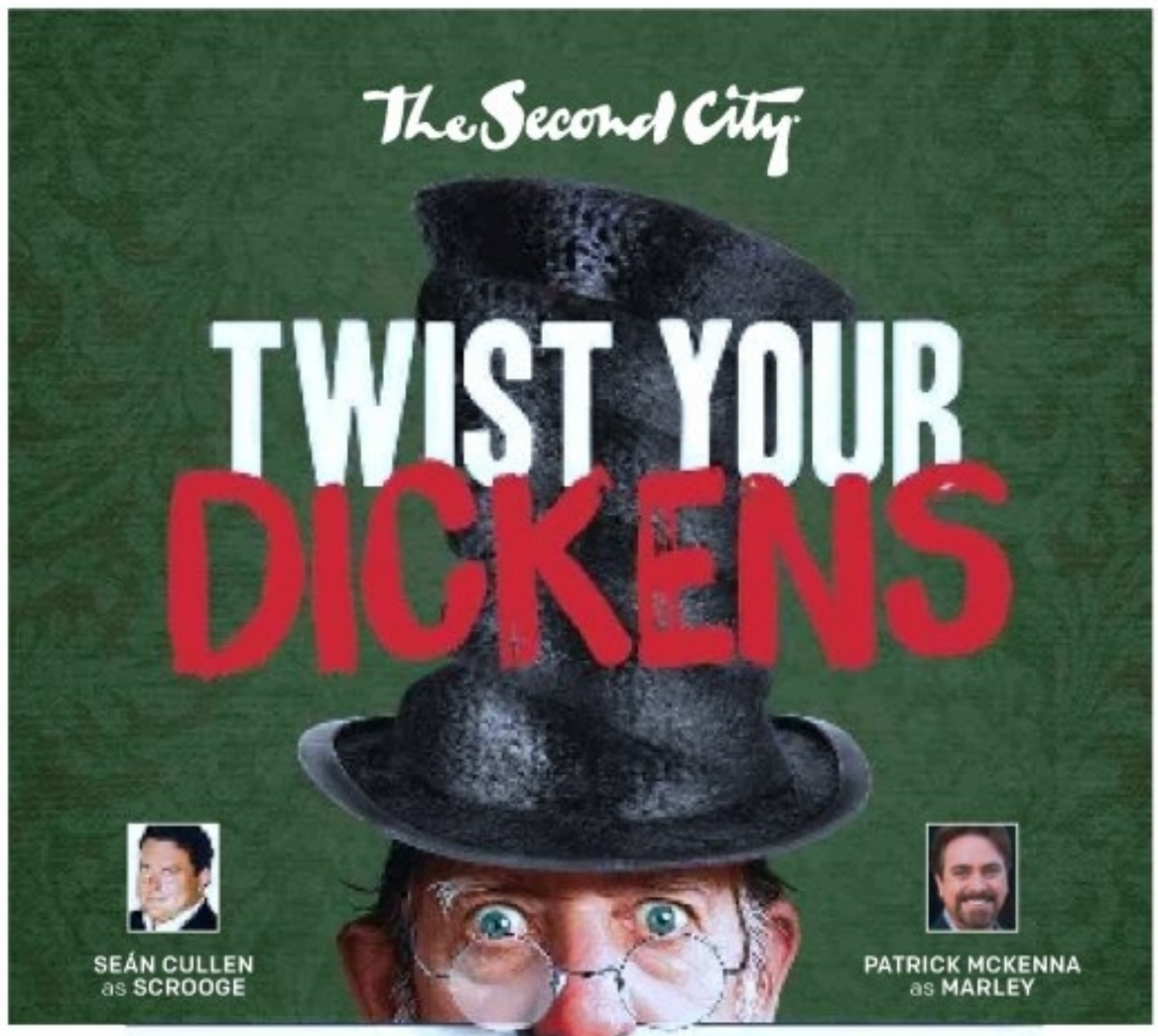

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Trump triggers T.O. rally

WOMEN'S RIGHTS

Candidate's comments on women were 'last straw'

May Warren
Metro | Toronto

They may not be able to vote in the American election, but that doesn't mean Toronto women don't want a voice in the campaign.

A group of local women gathered outside the downtown Trump Tower Monday evening for a "Pussy Grabs Back" rally.

Women have adopted the slogan as a rallying cry across the U.S. after Trump was caught bragging about sexual assault on a leaked Access Hollywood tape.

Those comments were the "last straw" for Toronto rally co-organizer Kelsy Vivash after a campaign filled with "racist, xenophobic and ableist" remarks.

This is not the first Pussy Grabs Back rally. Last week, about 60 women gathered outside the Manhattan Trump Tower, according to the New York Times. EDUARDO LIMA/METRO

Trump's words set a terrible example that doesn't stop at the American border, she said.

"We want to stand in solidarity with women in the U.S. but also make a space for Canadian women to talk," said the 29-year-old graduate student.

> **Victim blaming is still so prevalent in this city.**
> Laine Newman

Trump does not actually own a stake in the Toronto tower that bears his name, but Vivash said the building is still a "representation" of the embattled politician.

Among attendees at the rally was Jian Ghomeshi accuser Linda Christina Reddrave.

A protester speaks to a young girl. EDUARDO LIMA/METRO

Fellow organizer Laine Newman sees a connection between Trump's remarks and the CBC host's high profile sexual assault trial.

"Victim blaming is still so prevalent in this city — as we saw not too long ago in the Jian Ghomeshi verdict," she said in an email.

Monday's rally was about "coming together, making noise and grabbing back power from those who have historically and currently tried to suppress it," Newman added.

HOCKEY

Chiefs are here to stay

In the heated debate over teams with indigenous names and logos, one Mississauga team is keen on keeping theirs — and it has an indigenous community's blessing.

The Mississauga Chiefs, who play in the Mississauga Girls Hockey League, have had their name since its inception, but the team's logo, an arrowhead, was designed more recently after a dialogue with the Mississaugas of the New Credit First Nation.

"I don't believe they have to change (their name)," said New Credit First Nation Chief Stacey Laforme. "They're not the only people who have chiefs. We have police chiefs, fire chiefs…

"I don't find it offensive and they represent themselves in a good way and they have met with us to talk. I think it's an opportunity to educate them and to educate the fans."

The Mississauga Chiefs were among five hockey teams in Mississauga named in a complaint to the Human Rights Tribunal of Ontario over team names and logos. TORSTAR NEWS SERVICE

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The bell tolls for phone booths

TELECOMMUNICATIONS

Aficionado shoots game made rare by new technology

It was a derelict booth on the Muggle-filled streets of London that served as Harry Potter's connection to the magical world. Clark Kent ducked into one to transform from a mild-mannered reporter into Superman.

Phone booths — and the payphones in them — are ingrained in popular culture. But they're disappearing, victims of the smart phone.

When everybody's got the Internet — and yes, a phone call — in their pocket, are pay phones even needed any more?

Judging by the numbers, the answer increasingly seems to be no.

According to a 2015 study by the Canadian Radio-television and Telecommunications Commission, there were roughly 53,000 payphones across the country in 2013, down from approximately 73,000 in 2008, an average five per cent drop per year. The number of calls plunged even more quickly, dropping 19 per cent each year.

The CRTC also estimates that roughly 16 per cent of payphones in Canada will be removed each year.

But while most people shrug, some aficionados mourn the disappearance of a bygone era.

"They are part of the city infrastructure, almost invisible," says Joshua Nelson. "(Toronto's) payphones may not be British payphones but they are still iconic."

According to the CRTC report, Bell Aliant Regional Communications, Limited Partnership and Bell Canada were maintaining 636 payphones that hadn't been used in the previous 13 months, and 10,501 pay phones with revenues of less than 50 cents per day during the same period. These low usage phones accounted for 15 per cent of the companies' total database.

Nelson takes pictures of payphones as part of his Bell Pay Phone Project. Although he's been photographing pay phones for about "six or seven years," he started an "official" account only about three years ago. He also held an exhibition through June 2016 at the Toronto Public Library Show, Yorkville branch of pay phone pictures he had taken.

He's taken pictures of about 600 payphones in Toronto, and has about 3,600 followers on his Instagram account. While he gets a lot of submissions, almost all the pictures on his Instagram account are his, Nelson says. Although, he adds, people can submit photos to the page using the hashtag, #bellpayphoneproject.

So far, the prettiest payphone location is a little flowery patch on Queen Street West. The most unusual location — in Nelson's view — is the clothing-optional beach at Hanlan's Point.

"Where will people keep their change?" Nelson asks with a chuckle.

TORSTAR NEWS SERVICE

1 Josh Nelson posts pictures on his Instagram account of public payphones around downtown Toronto. He's seen in Dundas Square.
RICK MADONIK/TORONTO STAR

2 A half-defunct bank of payphones at **Islington Station.**

3 Among the payphones documented by Nelson is this one in **Lawrence West subway station.**

4 The bulk of his collection is of phones in Toronto, but **Nelson ventures further afield.**

5 Hanlan's Point is one of the more unusual pay phone locations documented.

6 Nelson takes his pictures through **rain, sun and even snow.**

PAYPHONE PHOTOS COURTESY JOSHUA NELSON

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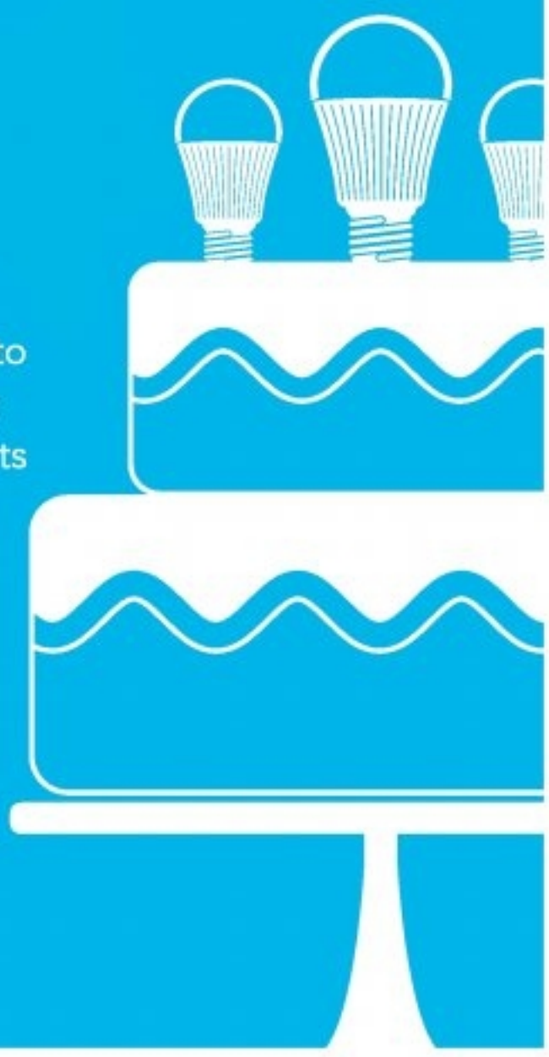

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metroEXPLAINS

TORONTOHENGE

Here comes the (perfectly aligned) sun: Tuesday is your final chance in 2016 to catch this unique sight

You've probably heard of Stonehenge, but did you know there's something called Torontohenge?

Toronto's version has little to do with the prehistoric monument of incredible archeological significance.

Torontohenge is a unique event that happens but a few times a year.

And the final day to catch it in 2016 is on Tuesday.

Here's everything you need to know about Torontohenge:

SO WHAT IS IT?

When the clock strikes 6:18 p.m. on Tuesday, people will have the chance to watch the sun bathe Toronto's east and west streets in warm orange and red light as the sun sets. The sunset lines up perfectly with east and west streets just twice a year, and Tuesday is the last chance in 2016 for observers to catch the unique sight.

WHY IS IT CALLED TORONTOHENGE?

Stonehenge, the 5,000-year-old monument in the southern United Kingdom, is believed to have been a prehistoric temple aligned with the movements of the sun.

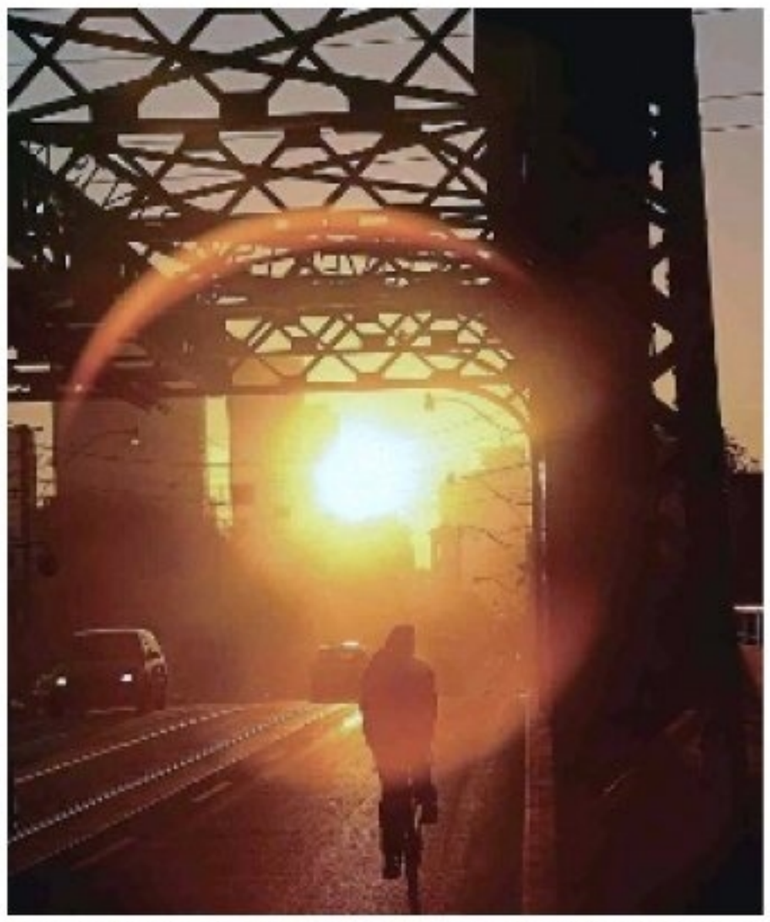
"Thousands of years ago, people used Stonehenge as a giant calendar, as it was built to line up with the sunrise on the Solstice," said Marciniak.

"This is the same idea. We're still fascinated by the movements of the heavens."

WHY IS TORONTOHENGE A BIG DEAL?

It's not just the fact that it only happens twice a year that makes the event impressive, said Ryan Marciniak, an astronomy researcher at the Ontario Science Centre.

"When you live in a big city, you don't get to see many sunsets unless you're living really high up in a condo," he said. "It's great if you're a pedestrian, because you get to see a beautiful sunset in the city, which is usually a lot of trouble with all the tall buildings."



Tuesday's sunset at 6:18 p.m. will line up almost exactly with major east-west downtown streets like Queen and Bloor.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Drivers heading west through the city may not find it so beautiful.

"If you're driving along the city streets, you'll get a good 10 minutes of bright sunlight in your eyes before it makes its way down," Marciniak said.

DOES IT HAPPEN ANYWHERE ELSE IN THE WORLD?

Toronto's city grid, where streets are largely aligned going north-south and east-west, lends itself perfectly to this phenomenon, but it's certainly not only the only cityscape that does.

These kind of "henges" are all over North America, including New York City, Montreal and Chicago. New York's "Manhattanhenge" falls on a different date than Toronto's.

"It depends on the layout of the cities, whether they stick to cardinal directions, and when it actually happens depends on the latitude of the city," said Marciniak.

TORSTAR NEWS SERVICE

EDUCATION

Talks continues as school bus drivers take strike position

Parents are being notified by the Toronto District School Board and Toronto Catholic District School Board that some school bus drivers have moved into a legal strike position.

Officials for both school boards drafted letters on Monday to alert parents that drivers for First Student Markham may soon be able to go on strike.

Unifor Local 4268, which represents First Student drivers, set a strike deadline of 12:01 a.m. Thursday, Nov. 3. Unifor representative Stuart Laidlaw pointed out that the union only needed to give 72 hours' notice, but instead gave 10 days.

"The union continues to meet with the company, and remains optimistic that an agreement can be reached without a labour disruption," Laidlaw said in an emailed statement.

The TDSB's director of education, Josh Malloy, informed parents in his letter that should a strike happen, parents will be "notified immediately."

"If there is a strike," he writes, "the operator will not be able to replace the bus drivers and the TDSB and TCDSB will not be able to contract another bus company to service the routes."

If a strike happens, there will be no school bus service at all on affected routes.

A job action would affect 2,500 students in the TDSB and 5,926 students in the Toronto Catholic District School Board.

TORSTAR NEWS SERVICE

Expat voting ban is legit, Liberals say

POLITICS

Government claims they still value role of non-residents

Allowing long-term Canadian expats to vote in federal elections is not a Constitutional requirement but a policy decision that Parliament has the right to make, the government plans to tell the country's top court.

Elected officials implemented the voting ban for those out of the country for more than five years as a matter of fairness, and the decades-old law is perfectly legitimate, the Liberal government argues in new filings with the Supreme Court of Canada.

At the same time, the Liberal government indicates in the documents — as it has done several times during and since last year's election — that it plans changes to the law.

"Parliament's 1993 choice … had the pressing purpose of maintaining the fairness of the democratic system and was a proportional limit," the government says in a statement of its case.

"If a new Parliament makes the judgment that the maintenance of this limit is not required any longer to ensure the fairness of the electoral system, that is a judgment that should be made by elected officials and Parliament. It is not required by the Charter."

The law, the Liberal government argues, recognizes that long-term non-residents have "different and less onerous responsibilities" under Canadian law and the ban was not intended as a value judgment on any individual voter.

In February, the Supreme Court is set to take up a challenge to the ban by two Canadians living in the U.S.

THE CANADIAN PRESS

FREE EXPRESSION

Inmates find an outlet on radio show

Adina Bresge
For Metro | Halifax

Black Power Hour host El Jones in studio at CKDU at Dalhousie University. JEFF HARPER/METRO

Call-in shows on Dalhousie University's campus radio station have become a creative outlet for an unlikely audience — prisoners.

Inmates are taking to the airwaves to perform poetry and rap on the Black Power Hour, an educational program on CKDU co-hosted by former Halifax poet laureate El Jones. The show focuses on social and cultural issues relevant to black people, but is open all listeners, including those behind bars.

"I think what they have really connected to is the idea that they can have a voice beyond themselves," says Jones. "They have this role in creating something and they take that very seriously."

The poetic platform came about "organically," says Jones, and was largely driven by the prisoners themselves. She says Black Power Hour was spun off of another program on CKDU, Youth Now, at an inmate's request for more historical black content.

One of the first prisoners to call into CKDU was Aiden Cromwell, who is currently awaiting a new trial after his second-degree murder conviction was overturned.

"That concrete jungle is never safe," Cromwell recently rapped on-air. "Gotta know when to pull it — Don't hesitate."

Soon after other inmates heard his performance, Jones says, the phones started lighting up.

In some jails, Jones says, prisoners have formed poetry collectives to prepare their best material for the show. Some pay up to $7 to call into the program, and Jones says inmates have written to her saying they stay on their best behaviour to preserve their radio privileges.

Free expression can be therapeutic for prisoners, Jones says, who use the show to work out issues related to race, gender, love, family, being in prison and the actions that brought them there. Some of her favourite calls came from female prisoners who re-appropriated the machismo of hip hop to tell men "we're not interested."

The process of sending someone to prison can be silencing, Jones says. She says in court, your lawyer speaks for you, but on the radio, you don't "have" to say anything.

"When you do say something, it's because you're making a choice to say what you're saying," Jones says. "I think that can be a really important part of returning people's voices to them."

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MILITANT THREAT

A dilemma for Iraqis near Mosul: Stay or flee

Bayda Muhammad Khalaf followed the government's advice to stay in her home with her husband and seven children as Iraqi troops advanced near their remote village outside militant-held Mosul. But after Daesh fled and Iraqi troops didn't appear, their food supply quickly ran out, and the family had to flee to search for territory firmly under government control.

Khalaf waited until she saw a passing shepherd, and then she and her family made the eight-hour walk out of no man's land behind a herd of sheep.

Eventually, Khalaf couldn't produce enough breast milk for her infant daughter.

Mosul, the largest city controlled by Daesh, is still home to more than 1 million civilians. The government and international aid groups fear that a sudden mass exodus will overwhelm the few camps set up on its outskirts.

More than 5,600 people have already fled areas near Mosul, according to the International Organization for Migration, with most heading through Daesh-run territory toward the Syrian border, rather than in the direction of the advancing troops, who are converging from the north, east and south.

200,000

Around 200,000 Iraqis are expected to be displaced during the first weeks of the offensive to liberate Mosul, according to the Norwegian Refugee Council.

Camps have been set up to accommodate 60,000 people, but about 200,000 are expected to be displaced in the first weeks of the offensive, according to the Norwegian Refugee Council.

Both the Iraqi government and Kurdish authorities are mired in an economic crisis brought on by low oil prices and say they do not have the resources to care for such a large number of displaced people. So they have urged everyone to stay put. THE ASSOCIATED PRESS

NORTHERN IRELAND

Bakery loses appeal over gay-rights cake

A Belfast bakery on Monday lost its appeal of a ruling that it discriminated against a gay customer by refusing to bake a cake decorated with a message supporting same-sex marriage.

The judgment against Ashers Baking Co. found that the family-run chain was wrong to treat gay customers any differently from heterosexuals. The Ashers directors argued they were happy to bake goods for anyone but could not put messages on their products at odds with their Christian beliefs.

The Northern Ireland Equality Commission pursued the lawsuit against Ashers on behalf of the spurned customer, who had ordered the cake for a gay rights event. Monday's judgment by the three-judge Court of Appeal found that the bakery had discriminated against the customer and violated British human rights law.

Lord Chief Justice Sir Declan Morgan rejected the bakery's central argument that it would be endorsing gay marriage by making the cake. THE ASSOCIATED PRESS

Pakistani volunteers and police officers rush an injured person to a hospital in Quetta, Pakistan on Monday, after gunmen stormed a police training center in the restive southwestern province of Baluchistan. ARSHAD BUTT/THE ASSOCIATED PRESS

Attack kills dozens of police trainees

PAKISTAN

Authorities say group linked to al-Qaida may be responsible

Gunmen stormed a police training centre Monday in Pakistan's restive Baluchistan province and detonated explosive vests, killing at least 41 police trainees, authorities said.

Baluchistan's top health official, Noor Haq Baloch, said at least 106 people were wounded — mostly police trainees and some paramilitary troops.

Major General Sher Afgan, chief of the paramilitary Frontier Corps, told reporters that the attackers appeared to be in contact with handlers in Afghanistan. He said the attacker belonged to the banned Lashker-e-Jhangvi group, an Islamic militant group affiliated with al-Qaida.

> **They were rushing toward our building firing shots.**
> Unnamed police trainee

Haq said many of the trainees were killed when the gunmen detonated explosive vests.

Baluchistan Home Minister Sarfaraz Bugti said one of the attackers was killed by security forces and two detonated their explosive vests. He said security forces have completed their operation but were still engaged in the cleanup process.

Bugti said at the time of attack about 700 trainees were at the base. He said more than 200 trainees were rescued immediately after the attack.

In Monday night's attack, between four and six gunmen opened fire as they attacked thehostel at the police training centre in a suburban area of the provincial capital of Quetta.

"They were rushing toward our building firing shots so we rushed for safety toward the roof and jumped down in the back to save our lives," one of the police trainees told Geo television.

Baluchistan police chief Ahsan Mahboob told reporters that four gunmen attacked the training centre, attempting to enter the hostel housing the trainees. A gun battle erupted when the guards resisted, he said.

Mahboob said forces surrounded the hostel. A statement issued by the military put the number of attackers at up to six. THE ASSOCIATED PRESS

Migrants waited in chilly temperatures Monday to board buses in Calais, France as authorities began dismantling the camp referred to as 'the jungle'. EMILIO MORENATTI/THE ASSOCIATED PRESS

FRANCE

Calais migrants facing an uncertain fate

France began the mass evacuation Monday of the makeshift migrant camp known as "the jungle," a mammoth project to erase the humanitarian blight on its northern border, where thousands fleeing war or poverty have lived in squalor, most hoping to sneak into Britain.

Before dawn broke, long lines of migrants waited in chilly temperatures to board buses in the port city of Calais, carrying meagre belongings and timid hope that they were headed to a brighter future, despite giving up their dreams of life across the English Channel in Britain.

Closely watched by more than 1,200 police, the first of dozens of buses began transferring them to reception centres around France where they can apply for asylum. More police patrolled inside the camp, among them officers from the London police force.

Authorities were expected to begin tearing down thousands of muddy tents and fragile shelters on Tuesday as the migrants vacated them.

Migrants have flocked to the Calais region for nearly two decades, living in mini-jungles. But the sprawling camp in the sand dunes of northern France became emblematic of Europe's migrant crisis, expanding as migrant numbers grew, evolving into Europe's largest slum, supported by aid groups.

> **It's not good, the jungle.**
> Mahmoud Abdrahman

"It's not good, the jungle," said 31-year-old Mahmoud Abdrahman of Sudan. "Eating not good. Water not good, shelter not good, no good toilets." He said he would leave Tuesday when lines were shorter, gesturing to a black knapsack that was all packed to go as proof he was ready.

Ultimately, Abdrahman said, he wanted one thing more than anything else.

"I need peace," he said.

Home to migrants from Afghanistan, Sudan, Eritrea, Syria and elsewhere, the closing of the camp fell like a stone on many as the reality of the evacuation sunk in and plans had to be made. Uncertainty and a lack of precise information left many fearful. THE ASSOCIATED PRESS

Belgium holds up Canada-EU pact

ECONOMY

European Union president, PM Trudeau hope for compromise

The European Union and Canada tried to remain upbeat Monday about the prospects for their trans-Atlantic free trade pact despite a small Belgian region persisting in its refusal to back the deal.

After the setback early Monday, EU President Donald Tusk and Canadian Prime Minister Justin Trudeau spoke by telephone and the EU leader said afterward "there's yet time" to find a compromise solution.

A joint summit for signing the long-delayed trade deal is scheduled for Thursday, offering the two leaders and Belgian officials little time to persuade the Wallonia region.

Without all Belgian regions supporting the agreement, Belgium cannot sign, and the EU needs unanimity from all of its 28 member states.

"We encourage all parties to find a solution." Tusk said in a Twitter message.

Canada's International Trade Minister Chrystia Freeland says she, too, is still hopeful that a Canada-EU trade deal can be salvaged, but "the ball is in Europe's court."

The expressed optimism that a deal could be secured within days came as a surprise since Wallonia had said it has too many concerns to overcome by Thursday.

The EU Commission, which has negotiated the deal on behalf of the 28 nations, insisted that this week's summit was not the final deadline.

Politicians in Wallonia, which is smaller than the U.S. state of New Jersey, argue that the proposed Comprehensive Economic and Trade Agreement would undermine labour, environment and consumer standards.

Proponents say it would yield billions in added trade through tariff cuts and other measures to lower barriers to commerce.

WALLONIA

The region: Wallonia makes up 55 per cent of Belgium.

Why they oppose it: Wallonian politicians say the trade agreement undermines labour, environment and consumer standards. A key hurdle is "private arbitration" where multinationals can legally challenge governments on policies.

At the same time, the EU says it will keep in place the region's strong safeguards on social, environmental and labour issues.

THE ASSOCIATED PRESS

ROBOTICS

CHINA SHOWCASES CANBOT AT TECH SHOWCASE

A Chinese boy shouts into the Canbot, a companion robot, displayed during the World Robot Conference in Beijing. China is showcasing its burgeoning robot industry as it seeks to promote use of more advanced technologies in Chinese factories and create high-end products.

NG HAN GUAN/THE ASSOCIATED PRESS

VANCOUVER

Initiative collects 48k coffee cups

Wanyee Li
Metro | Vancouver

Linda LePretre collected more than 400 paper coffee cups in just a few blocks in downtown Vancouver, earning her $20 after she dropped them off at the Binners' Project pop-up depot Monday morning.

Organizers of the third annual Coffee Cup Revolution aim to show governments that setting up a deposit-return program for paper coffee cups would keep them out of landfills and provide another source of income for Vancouver binners, who already collect cans and bottles. The Binners' Project pop-up depot collected 48,000 paper coffee cups — the most ever — this year.

Most paper coffee cups end up in the landfill but the Binners' Project will give the 48,000 paper coffee cups it received Monday to Regional Recycling.

For some binners, a refund-deposit program for coffee cups is the difference between dinner and a missed meal.

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HUDSON'S BAY

metro VIEWS
Your essential daily news
Tuesday, October 25, 2016

EMMA TEITEL ON THE VIRTUES OF BASICNESS

Because I myself am a little basic, and because I hail from an ultra-basic town, I am moved to defend the 'pumpkin entertainment complex.'

A few years ago when I was working at Maclean's Magazine, I wrote a column about the increasingly popular term "basic bitch," an epithet used to describe young women who embrace, with unapologetic zeal, anything and everything mainstream — from fashion and literature to music and beverages.

In the piece I argued that though many believe "basic bitch" is a strictly pejorative term, thousands of women (some of my own best friends, included) have chosen to reclaim it in a playful, self-deprecating way. For example, one Basic B might say to another: "OMG, I live-tweeted the Bachelor last night. How basic am I?"

BBs, as I like to call them — or us — vary from culture to culture, but the archetypal North American Basic Bitch is (despite the term's origin in hip hop) widely regarded as a well-to-do white girl who fancies Ugg boots, Taylor Swift, frozen yogurt, throw pillows embroidered with alliterative wisdom (live, laugh, love,) and the be-all-end-all of basicness: the PSL, a.k.a. the pumpkin-spice latte.

The PSL is Starbucks' most popular fall beverage: a hot, sweet sludge, originally launched in 2003, that skyrocketed to viral fame circa earlier this decade, when BBs began documenting themselves indulging in the autumnal drink on social media.

When I wrote my basic-bitch piece in 2014, I got a lot of flak for advocating that women reclaim what many believed to be a sexist and derogatory term. Little did I know, however, that just a few years later, it would that appear everyone under the sun — not just millennial white women named Caitlyn and Mackenzie — would be in a position to reclaim the term. Because it appears everyone under the sun is now following one of the core tenets of basicness: the love of all things pumpkin spice.

BASICALLY HARMLESS A fondness for pumpkin spice may be hard to defend on esthetic terms, but there has to be something redeeming about something so popular. CONTRIBUTED

Today "pumpkin spice" is literally everywhere: from Starbucks to school cafeterias, and bars to bathrooms (where you can find pumpkin spice soap and pumpkin spice martinis.) Last year Forbes estimated that the "pumpkin spice economy" was worth $500 million. In other words, we are all a little bit basic.

Or are we? According to a seemingly silly but fascinating study published last year called The Perilous Whiteness of Pumpkins, by researchers Lisa Jordan Powell and Elizabeth S.D. Engelhardt, from the University of British Columbia and the University of North Carolina, the pumpkin spice economy — a corporate cornucopia of pale orange bath bombs, baked goods, specialty beers and even hairspray — is indicative of white privilege and wealth.

What the Pumpkin Spice Industrial Complex points to, more than just class or privilege, is nerdy excitement about changing seasons.

"Even when we move away from ephemeral flavors of pumpkin and pumpkin spice," the researchers argue, "whiteness and cultural symbols cluster around visual images of pumpkins. Aspirational lifestyle magazines, social media pumpkins and reality television competitions come together in a veritable pumpkin entertainment complex, whose multiple manifestations continue the entanglements of pumpkins, social capital, race and place."

I find this idea profoundly interesting, and I understand where the researchers are coming from. I haven't seen many people who aren't well-heeled, white and female shell out seven bucks for a PSL at Starbucks.

But because I am myself, let's face it, a little basic, and because I hail from the ultra-basic town of Richmond Hill, Ont., I am moved to defend the "pumpkin entertainment complex."

Yes, I am aware that when we indulge in all things pumpkin spice and flaunt our pumpkin spice products online we are flaunting our status as members of an unthinking, capitalist cult.

But I am aware of something else, too, something arguably far more important than this. It's fall outside.

Look at the colours! Look at the leaves! The sweaters! The charming satchel bags!

It's impossible to be a cynic, in the end, about the Pumpkin Spice Industrial Complex, because what it points to, more than class or privilege, is a totally nerdy, innocent and almost childlike excitement about the changing of the seasons.

And that's the surprisingly neat thing about so-called "basicness." A love of all things mainstream can present itself as an ode to capitalism. But it can also present itself as a radical rejection of cool.

For example, almost every coffee shop in my Toronto neighbourhood, even the most hipster ones imaginable, have begun advertising homemade, pumpkin spice products. When I asked a barista recently why there were so many pumpkin-derived snacks on display in his store this week, he said, matter-of-factly, with a rare smile on his face, "It's just something nice to ring in the fall season, ya know?"

It's a cold world out there. There's no shame in warming up by a fire with a PSL and a good book. If you need a recommendation, I hear Nights in Rodanthe, by Nicholas Sparks, is fantastic.

Emma Teitel is a national columnist for the Toronto Star.

Toronto's budget is like a dimly lit smoking iceberg

TORY'S TORONTO
Matt Elliott

Along with Thanksgiving, Halloween and the feeling of existential dread that comes with the realization that winter is coming, one of my favourite parts of October is attending a spectacularly nerdy budget talk delivered by Toronto's city manager.

Held by the Institute on Municipal Finance and Governance, for years the event has always had the same core message: though, yes, Toronto is a wealthy city with a growing population, city hall's current budget practices are unsustainable.

For years, the message came from former city manager Joe Pennachetti. After he retired in 2015, Peter Wallace picked up the mantle.

New guy, same message.

At this year's talk, held last week, Wallace came armed with analogies. A lot of analogies.

First, he described Toronto as a chronic smoker that just won't quit.

"Doctors will bother people about smoking and suggest that smoking isn't a good idea," Wallace said, "and a lot of smokers have the idea that, 'I'm still here. I was here last year. I'm here this year, and smoking is OK because it hasn't killed me yet.' The reality is … these things are risky behaviours, and they might well catch up."

The Big Smoke's smoking habit is city council's continued use of accounting tricks to balance the annual operating budget. Instead of raising Toronto's property taxes to fund city services, in recent years council has resorted to hasty schemes like raiding city reserves and even loaning money to itself.

These risky moves haven't killed the city's finances yet, but that's not to say they won't.

Next up: the iceberg analogy.

For Wallace, the city's planned capital expenditures are best represented by a large iceberg depicted on one of his PowerPoint slides. It's the kind of iceberg that can sink unsinkable ships and ruin Leonardo DiCaprio's day.

The iceberg represents $29 billion in unfunded capital needs, much of it needed simply to repair existing transit, housing and other infrastructure.

Wallace's final analogy put the entire City of Toronto on a dark road.

Because the city only budgets for operating expenses one year a time, there's little political interest in looking at long-term strategies for the city's future. In effect, Wallace said, the city is "speeding down a dark gravel road with only our parking lights on."

Spooky.

Add all Wallace's analogies together and you get something like this: Toronto is careening down a poorly lit road, hacking up cigarettes, and, oh, what's that up just ahead? Oh man, it's an iceberg.

It's a hell of a scene. Take it as a warning and a plea to city politicians that they need to act before the smokes, the iceberg and this dark gravel road turn Toronto's fiscal challenge into a full-blown fiscal crisis.

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The struggle for female chefs

FOOD INDUSTRY

Jamie Oliver says diversity needed in kitchens

Melita Kuburas
Metro | Canada

Celebrity chef Jamie Oliver says only 11 per cent of the kitchen staff in his U.K. restaurants are women. Simona Bonelli, executive chef at Jamie's Italian Canada at Yorkdale mall, hopes to change that figure here in Canada. CHRIS YOUNG/THE CANADIAN PRESS; MELITA KUBURAS/METRO

I think when you choose to do it, you have to be pretty tough. Every female chef that I've met — they're tougher than the guys.
Simona Bonelli, executive chef, Jamie's Italian Canada

There's a downside to being one of the most recognizable faces in the restaurant business, such as being asked for a selfie while going to the toilet.

"It does get a little bit weird sometimes," jokes Jamie Oliver during a recent drop-in to his restaurant at Toronto's tony Yorkdale mall.

But the upside of fame is the power to bring attention to different issues in the food industry (Oliver even got the ear of the prime minister this month, speaking about child obesity). His latest comments during his trip to Canada, where he has two restaurants in partnership with King Street Food Company, show an attempt to tackle gender disparity in the business.

"In the U.K., we're at 11 per cent (women) in the kitchen. And that's probably about 50 per cent higher than the average," he says, about his staff. He would like to see a more even gender split, "but we struggle to get them into the business," Oliver adds.

"The reason we want (women) in the kitchen isn't to be politically correct. It's because they look at stuff differently; they see things differently. They make a kitchen flow differently and that's what we want."

While the 11 per cent statistic for female chefs is about the same in Oliver's Canadian restaurants, the executive chef at the fast-paced Yorkdale location — where they serve up to 1,100 people on a typical Saturday night — is a woman. Simona Bonelli has worked in Europe and North America for the past 20 years and says there has "always been a lack of female chefs, for sure."

At Jamie's Italian Canada, she keeps an upbeat mood by making the staff laugh and having co-workers take over for those who start to fade when fatigue sets in.

"It requires a lot of endurance," Bonelli says. "I do a lot of sports — cycling, running long distances. I come at it a certain way. I train to endure the physical stress. Not everybody's made for it."

If you like crossfit or bootcamp, you will like working in a kitchen — no matter what gender you identify with, says Christine Beard, executive pastry chef instructor at the Pacific Institute of Culinary Arts in Vancouver.

"In pastry, you're lifting 50-pound bags of flour, 25-kilo boxes of butter. You've got sheet pans and racks and you're taking out large slabs of cakes in and out of the freezer, so it is very labour intensive," she says.

Beard, who was part of the pastry team at Fairmont Washington DC and helped open Bouchon in Beverly Hills, says an increasing number of women are choosing to stay in the industry because they have more female mentors. "Having women in those positions makes it more feasible as a young student coming in ... to see yourself taking a leadership role in the industry."

At the Pacific Institute of Culinary Arts, where they take in 60 students per term, the gender split this fall was 50/50, whereas six years ago it used to be about 70/30, male dominated, says, Julian Bond, executive chef and VP.

He believes the stereotypical ego-driven, male-dominated culture that might turn both men and women off from getting into the business is "so old school."

Yes people swear, but gone are the days of fraught relationships between front and back, and day and night workers, he says.

Beard agrees, noticing a considerable change in the last few years especially.

"It's come to that point now in our industry that people are not as accepting of that behaviour, and if you don't respect your staff, then your staff are going to leave."

HEALTH

Fruit juice is not fruit, and other possible changes to the food guide

Genna Buck
Metro Canada

Health Canada is feeling very "over" the rainbow when it comes to the Canada Food Guide.

The agency is seeking the public's input on how to make the new, overhauled nutrition manual — due out by the end of 2018 — more practical and relevant to the way Canadians actually eat.

Health Minister Jane Philpott announced the online public consultations in a speech in Montreal on Monday. She said the current one-size-fits-all guide isn't easily adaptable for people with food sensitivities or in line with the latest scientific evidence.

A senate committee report in March suggested it may be time to scrap the classic food guide rainbow, which focuses narrowly on getting enough nutrients, in favour of more down-to-earth advice about what foods to include with every meal.

The guide, which was last updated in 2007, demonizes dietary fat and is not critical enough of added sugars and refined carbohydrates, which are linked to obesity and Type 2 diabetes, the report said.

University of Guelph nutritional science professor Genevieve Newton said if the senate recommendations are followed, "The entire document will look different."

"It's not possible to focus on one or two changes. If I had to prioritize, I think the focus on whole rather than processed foods and a requirement for unbiased consideration of evidence are critical," she said.

Nevertheless, there are a few specific pet peeves Newton would like to see fixed: "Including fruit juice as "fruit" should not be there. And there should be a reduced emphasis on carbohydrates and an awareness that not all "grains" are created equal," she said.

2007

The guide, which was last updated in 2007, demonizes dietary fat and isn't critical enough of added sugars.

The new food guide is part of a larger, multi-year federal healthy eating strategy that will also include new food labelling rules and limits on advertising unhealthy foods to children.

Ads directed at children are already banned in Quebec. The province has seen a decline in fast-food consumption among children and also has one of the lowest childhood obesity rates in the country.

Vegans with mouths to feed speak out

NUTRITION

Restrictive diets for kids can be safe, advocates say

There's a right way and a wrong way to raise a baby on vegan food. Those who get it wrong, parents say, give the responsible ones a bad name.

A Pennsylvania mother claiming to be vegan was charged this month with child endangerment for feeding her baby nothing but small amounts of nuts and berries. In Italy, after a number of vegan babies required hospitalization for malnourishment, a lawmaker this summer proposed a bill that would make it a crime to feed children under 16 a vegan diet.

Those cases are not about veganism at all, but are instead about neglect, say parents who are raising their children vegan. Pinning bad parenting on vegan diets, some say, unfairly stigmatizes those who have done their homework and are safely raising their babies without feeding them animal products like meat and dairy.

"They stress the elements of veganism in these stories, but it's not that these people aren't giving their children the right kind of food, it's that they aren't feeding them," said Fulvia Serra, of Fort Collins, Colorado. The native of southern Italy is raising her 1-year-old son vegan, and her 12-year-old daughter is vegetarian.

> **These are critical times in brain development, and (a vegan diet) has to be done carefully.**
> Dr. Sheela Magge, endocrinologist

"To get a child to the point of starvation, it means you are ignoring him and his crying all the time," she said. "It's neglect."

The American Academy of Pediatrics' book Pediatric Nutrition devotes a chapter to vegetarian and vegan diets. It describes how, with sound nutrition and dietary planning, "it is possible to provide a balanced diet to vegetarians and vegans."

Vegan mother Fulvia Serra holds her 1-year-old son, Sebastiano, at home in Fort Collins, Colo. **Serra, originally from Italy, and her husband, Scott, are raising their son vegan.** Despite criticism and innuendo from some circles, pediatricians and nutritionists agree it's perfectly healthy to feed babies a vegan diet. AP PHOTO/BRENNAN LINSLEY

"For children in general you can have a safe vegan diet, but it has to be in consultation with a pediatrician or health care provider," said Dr. Sheela Magge, an endocrinologist at the Children's National Health System. "These are critical times in brain development, and it has to be done carefully."

The ideal first food for babies is breast milk, Magge said. Many vegan moms opt to breastfeed, but for those who can't or don't, the only other option is a soy-based formula.

Key nutrients for babies are Vitamin B-12 and Vitamin D, as well as iron, zinc and calcium, Magge said. Getting enough B-12, which comes from milk and eggs, is a specific concern in the vegan diet, since a shortage can lead to neurological problems.

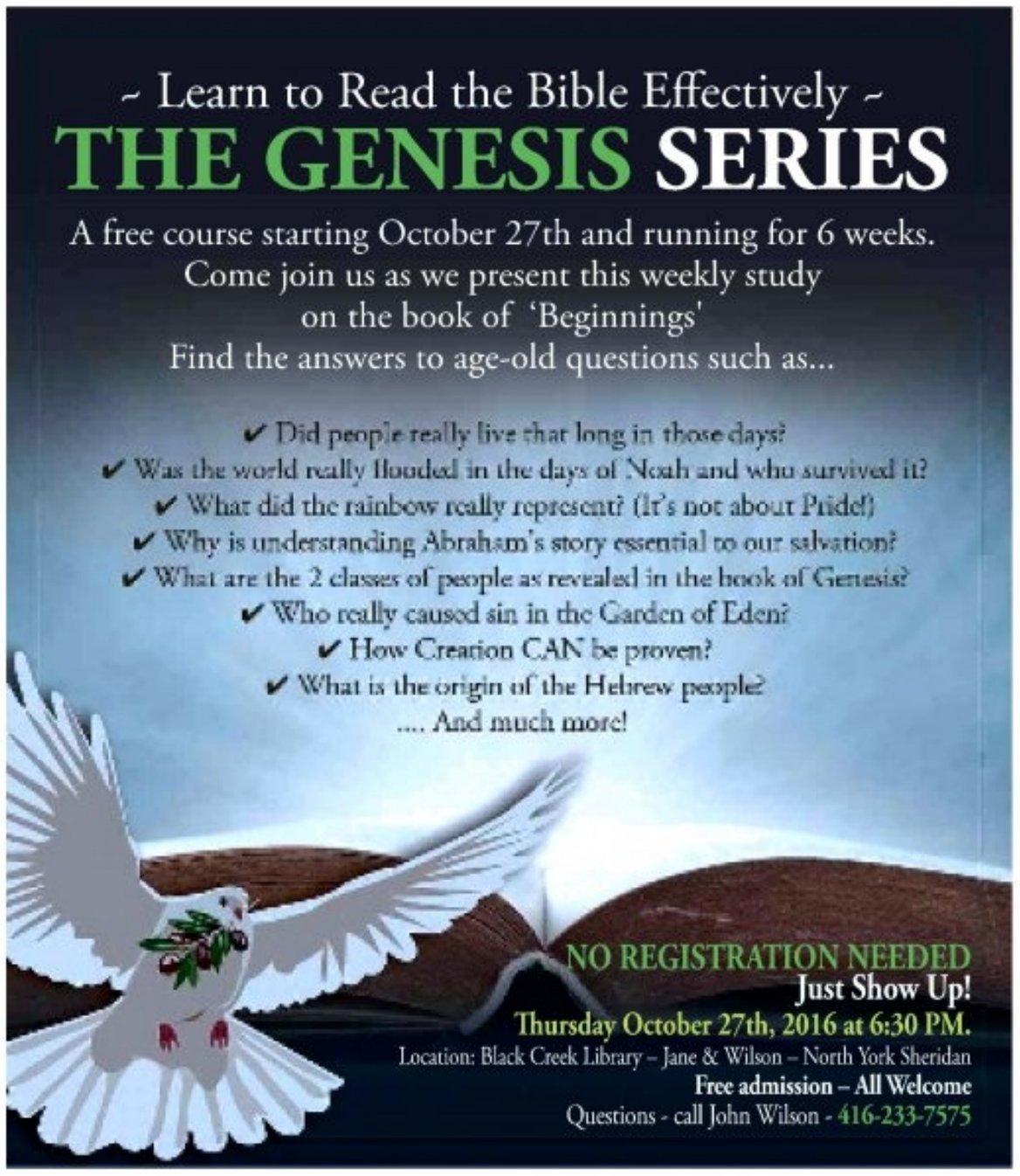
As babies nurse less and start consuming more solid foods, parents need to make sure all the nutrients necessary for proper development are being provided.

A pediatrician can help guide parents and offer supplements if needed.

Parents raising vegan kids need to be armed with facts, like being able to rattle off which foods and supplements are providing adequate vitamin B-12 and protein and where their kids are getting calcium.

For those who would question the safety of raising vegan babies, her suggested response is: "The doctors say we are doing it right."

THE ASSOCIATED PRESS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HEALTH BRIEF

Genna Buck
Metro Canada

Researchers disprove a very Canadian cliché

That legendary Canuck kindness, a new study suggests, might be a myth after all.

A paper in the journal Cross-Cultural Psychology ranked Canada 12th in the world in terms of empathy — five slots below famously individualistic Americans.

Researchers measured empathy, which they defined as "emotional reactivity to others' experiences," through a series of surveys looking at people's level of concern about others' misfortune and ability to put themselves in others' shoes.

More than 100,000 people in 63 countries participated, although the sample sizes varied widely by region. More than 7,000 Canadians participated, but just 32 Lithuanians, the group the judged to care the least about their neighbours. Ecuadorians were the most empathetic overall.

HEALTH CANADA

Access for abortion pill lacking: Experts

Sexual health advocates are intent on making Canada the most permissive country in the world for a heavily regulated abortion pill expected to hit shelves next month.

Mifegymiso has been available elsewhere for nearly 30 years and is approved for use in more than 60 countries with varying restrictions.

In some cases, that includes the demand that only a doctor be allowed to hand the drug to the patient — rather than a pharmacist — and that the woman swallow the pill at a clinic in front of her physician, instead of privately in the comfort of her own home.

It appeared similar restrictions were imposed when Health Canada approved the drug, but ongoing pressure seems to be loosening several key conditions as its expected November debut approaches.

The federal regulator issued a clarification last week stressing that a woman does not need to ingest the drug in front of a doctor at a clinic, as is required in the United Kingdom, France, the Netherlands and Sweden.

> **Why should abortion medication be subject to that scrutiny? It shouldn't be.**
> Sandeep Prasad, executive director of Action Canada for Sexual Health & Rights

Meanwhile, a call-to-action led by the B.C. doctors and advocacy groups including the Ottawa-based Action Canada for Sexual Health & Rights is hammering away at other perceived hurdles to accessibility: including its $300 cost, certification requirements for the prescribing doctors, and limiting use to no more than seven weeks after a woman's last period.

"Why should abortion medication be subject to that scrutiny? It shouldn't be," executive director Sandeep Prasad said of the myriad restrictions on the drug, also known as RU-486.

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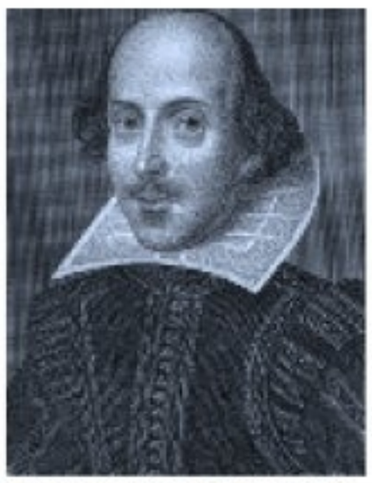
Shakespeare to share credit with Marlowe

NEW RESEARCH

Oxford gives credit to Christopher Marlowe



Oxford University Press will put Christopher Marlowe as co-author on some of Shakespeare's plays. ISTOCK

The Bard was not a solo act.

Oxford University Press' new edition of William Shakespeare's works will credit Christopher Marlowe as co-author of the three Henry VI plays, underscoring that the playwright collaborated with others on some of his most famous works.

Marlowe, a playwright, poet and spy, will share billing in the latest version of the New Oxford Shakespeare being published this week. While scholars have long suspected that Shakespeare's plays included the work of others, new analytical methods helped researchers conclude that sections bore the hallmarks of Marlowe's hand.

"Shakespeare, like other geniuses, recognized the value of other people," Gary Taylor, a professor at Florida State University and the principal investigator of the new work, said Monday.

"What is Shakespeare famous for? Writing dialogue — interactions between two people. You would expect in his life there would be dialogue with other people."

A team of 23 international scholars looked afresh at the man many consider the greatest writer in the English language.

The challenge, put simply: If one is going to compile the complete works of Shakespeare one first has to determine what they are.

Five of the world's most senior Shakespeare scholars -Taylor, Hugh Craig at the University of Newcastle in Australia, MacDonald P. Jackson at the University of Auckland in New Zealand; Gabriel Egan at De Montfort University, Leicester and John Jowett of the Shakespeare Institute at the University of Birmingham — had to be convinced of the issues of authorship in the works.

The editors concluded that 17 of 44 works associated with Shakespeare had input from others.

The scholars used computerized data sets to reveal patterns, trends and associations — analyzing not only Shakespeare's words, but also those of his contemporaries.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Ignorance and bomb droppings

THE SHOW: Third U.S. Presidential Debate, Oct. 19, 2016
THE MOMENT: The Mosul question

Donald Trump and Hillary Clinton. CONTRIBUTED

An hour into the 90-minute debate, moderator Chris Wallace (excellent) asked Hillary Clinton if she would deploy U.S. troops to Mosul. She answered no, and gave a few reasons why.

Though the fighting will be tough, she continued, our allies must press into Syria to take Raqqa.

She praised U.S. advisors and condemned Russia. She recommended an intelligence surge with support from the air. She promised to push for tougher gun laws to keep terrorists from buying weapons, and for a no-fly zone in Syria, to help "bring conflict to an end, and go forward on a political track."

Asked the same question, Trump said, "Let me tell you, Mosul's so sad. We had Mosul. But when she took everyone out, we lost Mosul…Douglas MacArthur, George Patton, spinning in their graves when they see the stupidity of our country... The only reason (our allies are going into Mosul now) is because she's running for president, they want to look tough. He violated the red line in the sand and he made so many mistakes. He made all the mistakes…Iran should write us a letter of thank-you."

Over this past week, Clinton's substantive answers were swept aside as usual, as social media exploded with the bombs Trump dropped: calling Mexicans "bad hombres" and Clinton "such a nasty woman," and choosing to "leave you in suspense" about whether he'd honor the democratic process.

But it's his utter ignorance about foreign policy that haunts me most. I bet Angela Merkel is also shivering — and that Trump thinks she's nasty, too.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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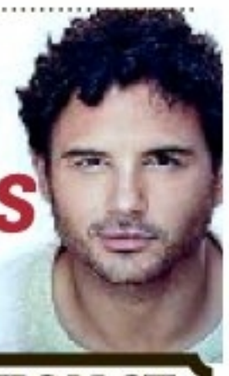

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2016 WORLD SERIES

Despite a social media push for Charlie Sheen to throw out the first pitch, Kenny Lofton and Carlos Baerga were chosen for Games 1 and 2

DARRYL DYCK/THE CANADIAN PRESS

Bar set high for Raps

NBA

Dinos capped historic season in May with East final appearance

The Toronto Raptors walked off the Air Canada Centre floor last season to a standing ovation and rousing cheers.

They had just been ousted by the Cleveland Cavaliers in Game 6 of the Eastern Conference final, but the moment was the culmination of the Raptors' most successful season in franchise history.

They'll carry lofty expectations when they step back on the court against the visiting Detroit Pistons in their season-opener on Wednesday night. Suddenly, it seems, nothing but a long playoff run will be good enough.

In typical fashion, the Raptors aren't making any bold predictions — coach Dwane Casey says continued growth is key, even if it's not "as exciting and sexy as outlandish predictions."

And the Raptors talk about valuable lessons learned over the roller-coaster post-season.

"You kind of get the blueprint, when you understand how difficult it is," said DeMar DeRozan, who signed a hefty five-year contract worth $139 million US in the off-season. "You really understand how hard you have to play when you have the opportunity to close out a series, little things like that, just understanding the blueprint, is really going to help us."

The Raptors remain young, with nine players under the age of 25, but brought back the core of the squad that won a historic 56 games in the regular season, and took two games off Cleveland before bowing out in the conference final.

"We may not win as many games as we did last year, but that could make us a better team going into the post-season, and that's what we've got to keep in mind," DeRozan said. "We can't get caught up in comparing us to last year."

The most significant changes are the loss of athletic big man Bismack Biyombo, who left for Orlando in the off-season, and the addition of Jared Sullinger, who signed with Toronto in the summer but was to undergo surgery on his foot Monday and could be sidelined for as much as a quarter of the season.

A healthy DeMarre Carroll would make a big difference. The Raptors never saw the best of Carroll, who had knee surgery in January and played in just 26 regular-season games, never quite at full health.

Jonas Valanciunas also missed 22 games in the regular-season. He was outstanding in the post-season before being derailed by an ankle injury that proved costly to Toronto.

The Raptors' cornerstones of DeRozan and Lowry are newly minted Olympic champions, helping the United States to gold. That experience in Rio was the "best graduate course" in basketball, said Casey, and the Raptors could reap the rewards. "I can just see the confidence," said the coach.

After the memorable spring that saw them one of the final four teams playing, there's no lack of motivation to go one better.

"It's the motivation of knowing what it felt like being two games away from having an opportunity to compete for a championship," DeRozan said.

THE CANADIAN PRESS

We're at the bottom of the hill now. We've got to work our way up and take on every challenge that we're going to face. DeMar DeRozan

CONTRACT

All-star guard Kyle Lowry is expected to opt out of the final year of his contract next summer, becoming a free agent. Until then, however, Lowry isn't interested in talking about his future.

GOLDEN STATE

Pressure is all on Warriors, Kerr says

Steve Kerr joked around on what became a post-mosh Monday, feeling some of the natural pressure before his Golden State Warriors get going at last with all the weight of trying to win another NBA championship on their star-studded shoulders.

The reigning NBA Coach of the Year said he cut short practice given Kevin Durant's jostling in the mosh pit at a Kanye West concert the previous evening.

Kevin Durant
GETTY IMAGES

"He got a great workout last night," Kerr said with a smile.

Kanye performed at Oracle Arena, where KD will become THE show Tuesday night for the defending Western Conference champions. And MVP Stephen Curry, too, of course.

"We all have pressure. That's a good thing," Kerr said Monday.

"We know how lucky we are to be together with this group. We understand the responsibility that comes with it, and that's fine. It's a good position to be in."

Durant will make his highly anticipated Warriors regular-season debut when the San Antonio Spurs visit Oakland on Tuesday night.

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WORLD SERIES

Game's lovable losers aim to end droughts

The last time the Cleveland Indians won the World Series, Dewey led Truman in the polls. The Chicago Cubs' last title was 13 days after the first Ford Model T car was completed.

Lovable losers known for decades of defeat meet in this year's championship, a combined 174 seasons of futility facing off starting Tuesday night at Progressive Field.

> **It seems like it's just forever.**
> Eddie Robinson, 95, from Cleveland's 1948 World Series-winning team.

Cleveland's last title was in 1948, when 16 teams from the East Coast to St. Louis competed in a just-integrated sport. The Cubs are trying to win for the first time since 1908, a dead ball-era matchup at a time home runs were rarities along with telephones.

No player is alive from the last championship Cubs or even the last to make a Series appearance — Tuesday marks the 25,948th day since the Cubs' Game 7 loss to Detroit in 1945. One player remains from the 1948 Indians, 95-year-old Eddie Robinson.

"It seems like it's just forever," Robinson said Monday from his home in Fort Worth, Texas. "When we got home from Boston, there was a monumental parade. It just looked like everybody in Cleveland came out on Euclid Avenue."

One team's fans will let loose with the celebration of a lifetime. But while history weighs on the supporters, Cubs manager Joe Maddon focuses his players with a now-centred battle cry of "Win the Inning!" THE ASSOCIATED PRESS

MLB

Bautista and Edwin will receive offers

At the very least, sluggers Jose Bautista and Edwin Encarnacion are expected to receive qualifying offers from the Blue Jays. Whether they'll be back in Toronto still remains as uncertain as it did when the club was eliminated from the playoffs last week.

Blue Jays' Edwin Encarnacion, left, and Jose Bautista. PHOTOS: GETTY IMAGES

The first step for the front office is finalizing an off-season plan that will be taken to the team owners, general manager Ross Atkins said Monday during a season-ending media availability. From there, they'll have a better idea on payroll flexibility and can really focus on addressing roster needs for the 2017 season.

"What I can tell you is that we're trying to win and we're going to continue to try to win," Atkins said.

"I think that's what drives us, that's what motivates us and that's what we're looking to do in any way possible. THE CANADIAN PRESS

Toronto FC's Sebastian Giovinco celebrates his goal with teammate Justin Morrow, right, against the Chicago Fire Sunday. The Italian will be crucial to TFC when they host Philadelphia Union Wednesday at the first ever home playoff game. FRANK GUNN/THE CANADIAN PRESS

Empty trophy cases spurring Toronto on

MLS PLAYOFFS

Revamped TFC determined to leave mark on post-season

On the second floor of Toronto's FC practice facility, three glass cases are built into the wall of a lounge next to the dining room.

One contains the Voyageurs Cup, surrounded by photos documenting the five times Toronto has won the Canadian championship. Two nearby cases — for the MLS Cup and CONCACAF Champions Cup — sit empty.

In years gone by, it might be akin to Joe Public having a blank wall at home titled "Supermodels I Have Dated." But this big-ticket version of Toronto FC, full of star power and deep in talent, has high hopes.

There are playoff games to be won. Cabinets to be filled.

"We come in here, we all glance at it. You want to see something in there, " striker Jozy Altidore said Monday of the empty MLS Cup case.

"Look, it's not going to happen overnight. The club has come a long way. In two, three years we're now full of ambition, full of hunger to do more. And that's how you become better. We want to fill those two cases up with trophies, definitely."

> **That game we just didn't show up.**
> TFC striker Jozy Altidore on the team's exit from the playoffs last season against Montreal

The first step comes Wednesday night as Toronto hosts the Philadelphia Union in its first ever home playoff game.

It's a chance to erase memories of the franchise's first foray into the playoffs, a humiliating 3-0 loss in Montreal at the same stage last season.

"That game we just didn't show up," Altidore said of the Montreal debacle. "Wednesday, the one thing we have to do is show up — show up for our fans and show up for the city." Toronto (14-9-11) finished third in the Eastern Conference this season while Philadelphia (11-14-9) was sixth. D.C. United hosts the Montreal Impact in the other Eastern knockout game Thursday.

Team president Bill Manning says while it has been a good season to date, now is the time for TFC to step up and demonstrate its worth with a run deep into the playoffs.

"This is not a team that's going to have a lot of turnover in the off-season. We have a good nucleus of players. We think this is a team that can be good, for many years. We'd all be disappointed if we were one and-out."

Italian star striker Sebastian Giovinco is keen to do his part for his adopted home, knowing Toronto is hungry for soccer success.

"Yes it is my city and I want it to be my city," he said through an interpreter.

There is little time to prepare. So coach Greg Vanney didn't mind that his family was watching a rerun of Toronto's 3-2 win over Chicago on Sunday when he returned home after the game. When the replay ended, he turned to his laptop to watch Philadelphia's 2-0 loss to the New York Red Bulls.

The Red Bulls and New York City FC, which finished No. 1 and No. 2 in the East, have a bye until the two-legged conference semifinals starts Sunday. Should Toronto advance, it will open the semifinals at home before playing the return leg on the road. THE CANADIAN PRESS

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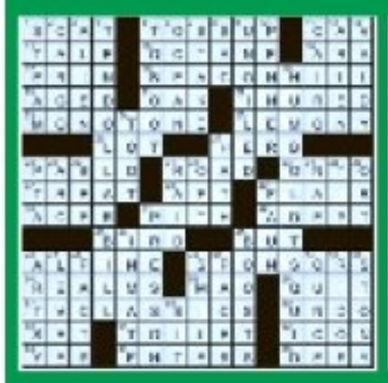

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IN BRIEF

Jets' Smith seeking second opinion on ACL injury
New York Jets pivot Geno Smith has a torn anterior cruciate ligament in his right knee and is seeking a second opinion on the injury that would end his season.

Smith was injured after being sacked by Baltimore's Matt Judon during the Jets' 24-16 win Sunday. THE ASSOCIATED PRESS

Dolphins' Foster retires
Four-time Pro Bowl running back Arian Foster has announced his retirement midway through an injury-plagued season with the Miami Dolphins.

Foster, 30, tried to come back from a torn Achilles tendon, but was slowed this season by groin and hamstring injuries. THE ASSOCIATED PRESS

Antoine Griezmann LUKAS BARTH/AFP/GETTY IMAGES

La Liga award for Griezmann
Antoine Griezmann has won the best player award in the Spanish league for last season. The Atletico Madrid forward was announced as the winner in a ceremony organized by La Liga in Valencia on Monday.

Barcelona's Lionel Messi won best forward and Real Madrid's Luka Modric won best midfielder. THE ASSOCIATED PRESS

Leafs yet to learn how to win

NHL

3rd-period leads in all 5 games equate to 1 win for Buds

Maple Leafs defenceman Roman Polak tried but ultimately failed to wrap up Chicago Blackhawks winger Richard Panik on the play that capped off another third-period unravelling for Toronto this season.

"It's a tough situation," Polak said of the incident in question. "We need to handle that though."

Toronto gave up two goals in the final 2-1/2 minutes over the weekend in Chicago, falling 5-4 in a shootout. It was the fourth time in five games that the club entered the third period with a lead only to see it slip away. All three games on last week's road trip ended with third-period collapses.

"It's frustrating," veteran centre Tyler Bozak said. "You still should win every time you have the lead in the third."

NHL clubs rarely lose when they enter the final period with a lead. Toronto, for that matter, was the league's worst team last season and still went 17-1-4 when they had a lead after two periods. So far this year that mark stands at an unsavoury 1-1-3.

"Of course it needs to change a little bit because we're losing the games because of that," Polak said.

Bozak said the young Leafs need to "learn how to win," by which he meant learning to play confidently with the lead.

"When we're up we can't sit back, we've got to act like it's tied and keep playing the same way we have," Bozak said. "It seems like late in the game we're playing in our end the whole time and the rest of the game we're playing in theirs. It's just weird how it happens."

Beyond the two-goal lead in Chicago that slipped away, Toronto also had a 4-1 lead in Winnipeg, a 4-3 lead in Ottawa and 2-1 lead in Minnesota, each of which ended in losses.

How to handle future scenarios?

"Just go win the period," Polak said. "Don't slow down. Don't defend the game. Don't defend the score. Just go out there and play to score another goal." THE CANADIAN PRESS

ROSTER MOVES

The Toronto Maple Leafs placed forward Milan Michalek on waivers Monday and picked up veteran centre Ben Smith.

The Blackhawks' Richard Panik scores the game-tying goal on Saturday in Chicago. JEFF HAYNES/THE ASSOCIATED PRESS

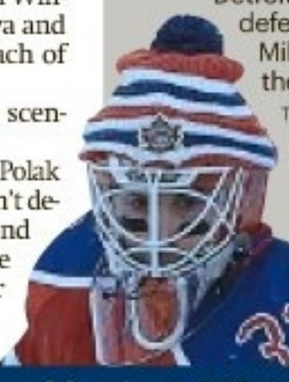
NHL IN BRIEF

Oilers goalie rewarded for a strong week

Edmonton goalie Cam Talbot was named first star of the week Monday after leading the Oilers to three victories last week.

Talbot had a shutout, a goals-against average of 1.00 and a save percentage of .970 over the stretch.

Chicago Blackhawks centre Artem Anisimov was the second star and Detroit Red Wings defenceman Mike Green was the third star. THE CANADIAN PRESS



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RECIPE Spicy Carrot Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Soup season is now in full swing and you'll want this simple, flavourful bowl of goodness in your roster.

Ready in 40 minutes
Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients
- 2 Tbsp of olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/2 inch of fresh ginger, minced
- 1 tsp chili
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 3 or 4 carrots, peeled and chopped (enough for about 3 cups)
- 3 cups low sodium vegetable or chicken stock
- Juice of half a lemon (about 2 or 3 Tbsp)
- Plain yogurt to garnish

Directions

1. Warm a glug or two of olive oil in a large pot or Dutch oven over medium heat.

2. Sauté onions, garlic and ginger for about 2 minutes. Stir in spices and cook for another minute or so. Add carrots and stir well until they are coated lightly in oil and spice. Add stock and increase the heat until it boils. Reduce and allow to simmer for about 20 minutes or until carrots are quite tender.

3. Purée in small batches until the soup is quite smooth. You may need to add a little water or stock to thin it if it's too thick. Stir in lemon juice. Taste and check seasoning.

4. Serve garnished with yogurt.

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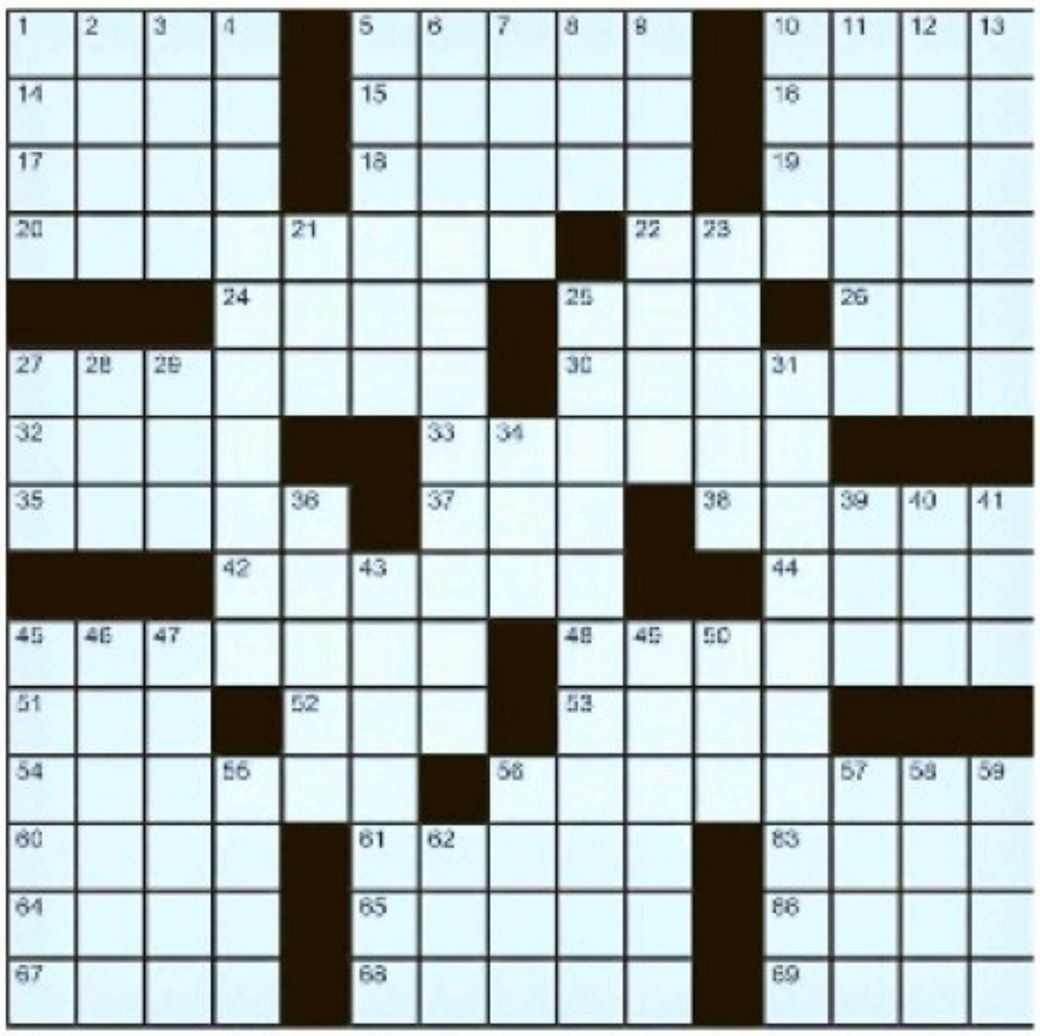
BY KELLY ANN BUCHANAN



ACROSS
1. "Radio __"
by Queen
5. Horde
10. Mouse-murdering machine, maybe
14. Solemnly affirm
15. Hot chocolate
16. Blue Rodeo tune
17. Branch
18. Ant, archaically
19. Neither Liberals nor Conservatives, for short
20. Recipient, in law
22. Bring in goods from beyond
24. Classic jukebox hit: "__ Angel"
25. Tissue's thickness
26. Bitty
27. __ of Ireland aka 'Canada's Titanic' (Ocean liner which sank in the St. Lawrence in 1914)
30. Glands that pump one up when one is pumped up
32. Earth goddess in ancient Greek mythology
33. Made up of two
35. "You __ Be" by Des'ree
37. Semi
38. Ships' steerers
42. Get
44. Telegram
45. __-__ luggage
48. Most yucky
51. Colour characteristic
52. Downcast
53. Origin
54. Dwell
56. First-__, as on a sports team
60. Military air assault
61. Get ready to golf: 2 wds.
63. Roof's overhang
64. Old Icelandic literary work
65. Makes straighter
66. Tread
67. Come across as
68. Scope
69. Parliament Hill VIPs

DOWN
1. Big swanky event
2. Hertz rival
3. Jeweller's jewels
4. Dispute's decision decider
5. Backdrops
6. Canadian Clothing... MiiK, for one: 2 wds.
7. Pinnacle
8. 1962: "Sheila" singer Tommy
9. Oz folk tune: "Waltzing __"
10. Jaunt
11. Fame
12. Mr. Bocelli of song
13. Pale paint in a painting
21. "You don't say!"
23. Frankincense and __
25. Nunavut tourist destination called 'Switzerland of the Arctic' because of its beautiful landscape
27. Something scrambled
28. __ jacket
29. Plum toss away
31. Testifying bystander
34. Twelve-divided-by-four's fancy answer
36. One is seemingly bottomless
39. Fish story
40. Married title
41. Place down
43. Breakfast appliance
45. Household tasks
46. Song of dawn
47. Inhabit a habitation
49. Murder mystery's main 'man', maybe
50. Ornamental carp
55. Dutch cheese
56. Visible
57. Fence's door
58. All square
59. Barbell-user's units, commonly
62. Supermodel Ms. Herzigova

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might develop a crush on someone who is different, exotic or from another culture or a different country. Be careful, because this very likely is an unstable situation.

Taurus April 21 - May 21
Despite your good intentions of helping someone else today, be careful. You have to be realistic and consider your own needs as well. There is such a thing as "idiot compassion."

Gemini May 22 - June 21
Don't expect too much from a friend or partner today. If you do, you likely will be disappointed. Remember: Unexpressed expectations almost always lead to disappointment.

Cancer June 22 - July 23
Co-workers might be supportive today; nevertheless, their assistance might hinder you more than it helps you. Use caution!

Leo July 24 - Aug. 23
Romantic relationships are unstable today. Some might end and others might begin, but they're really just a pipe dream. (It's sad but true.)

Virgo Aug. 24 - Sept. 23
You might go overboard with your ideas about redecorating today. To be safe, wait a day or two to see if you still want to go ahead with your plans.

Libra Sept. 24 - Oct. 23
You might spend a lot of time today daydreaming or lost in fantasies. This makes it hard to concentrate and focus. Oh well — we all need a mental-health day every now and then

Scorpio Oct. 24 - Nov. 22
This is a poor day to make important financial decisions, because your mind is a bit fuzzy and full of wishful thinking. Be careful, and remain realistic.

Sagittarius Nov. 23 - Dec. 21
Relations with others are a bit unstable today. Instead of dealing with what is, you are more inclined to deal with how you wish things would be. Keep your feet on the ground.

Capricorn Dec. 22 - Jan. 20
Something going on behind the scenes might confuse you today. In fact, this confusion could create problems in a relationship.

Aquarius Jan. 21 - Feb. 19
Don't expect too much from others today, especially a friend or a member of a group. Many people are full of unrealistic demands today, which only leads to problems.

Pisces
Feb. 20 - March 20
Be realistic when it comes to your relationships with authority figures today, even though you might feel great admiration for someone. You might even have a crush.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5						6		
	9			5	7			
			3		1			7
		1				7	2	
	8						4	
	6	3				9		
8			9		5			
			7	8			3	
		4						5

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